

Gila Regional's

Wellness Companion

Your Partner in Health

WINTER 2018

INSIDE



For your lungs: Ready to quit smoking this year?

3



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TRANSITIONING

to a new care provider can be a lengthy and difficult process. When the Gila Regional Cancer Center changed its providers, it was a bumpy ride with many unexpected challenges. A process that can take up to a year to accomplish took Gila Regional Medical Center (GRMC) and the University of New Mexico Comprehensive Cancer Center (UNMCCC) around three months to achieve.

Medical oncology services were restored on Oct. 20, with radiation therapy expected to resume in

Quality, compassionate cancer care **CLOSE TO HOME**

March of 2018.

An open house was held for the Gila Regional Cancer Center on Oct. 19, to celebrate the return of medical oncology services. Representatives from UNMCCC, including its Chief Executive Officer Cheryl

Willman, MD, came from Albuquerque to meet with the public and answer questions.

"From my perspective, this has been a rapid transition," Dr. Willman says. "Until we complete the hiring process for a full-time oncologist to live here, UNM oncologists will rotate down to the Gila Regional Cancer Center once a week."

Quality, compassionate cancer care will continue at the Gila Regional Cancer Center. Patients will see some familiar faces and some new ones, but they can be assured that the mission is the same—to fight cancer and win.



STRONGER TOGETHER.

We are your cancer care team. GRMC and UNMCCC have joined forces to help you fight cancer and win. You don't have to face cancer alone. Call us at **575-538-4009**.

HEALTHINSIGHT QUALITY AWARD

GRMC named a TOP 5 HOSPITAL in New Mexico

GILA Regional Medical Center (GRMC) has been named one of the top five New Mexico hospitals recognized for high performance on quality of care outcome measures and patient satisfaction.

The HealthInsight Quality Award Program promotes transparency in health care. Since 2004, the program has recognized nursing homes, hospitals, home health agencies, outpatient medical practices and clinics in Utah and Nevada.

This year, HealthInsight New Mexico and the New Mexico Hospital Association partnered to launch the program in our state. The inaugural hospital awards were presented at the New Mexico Hospital Association's 72nd Annual Meeting on Sept. 27, in Albuquerque.

The 2017 award recipients are:

- Gila Regional Medical Center—Silver City.
- Holy Cross Hospital—Taos.
- Lea Regional Medical Center—Hobbs.
- Presbyterian Española Hospital—Española.
- University of New Mexico Sandoval Regional Medical Center—Rio Rancho.

How the top five hospitals are chosen

HealthInsight Quality Award hospital recipients were selected based on their national rankings in four categories:

- ❶ Health care-associated infections.
- ❷ The results of the Hospital Consumer Assessment of Healthcare



Taffy Arias, CEO of GRMC, accepting the HealthInsight Quality Award.

Providers and Systems (HCAHPS) survey, which is a national survey of patients' experience of hospital care.

- ❸ 30-day hospitalwide readmissions.
- ❹ Mortality measures.

The individual category ranks were combined into a single, weighted composite ranking. Hospitals at or above the 75th percentile nationally on this combined ranking received the award.

Cancer Center welcomes Marvin White, PA

MEET Marvin White, the new physician assistant (PA) at the Gila Regional Cancer Center.

White was born in Keary, Arizona, but moved to Silver City as a child. He graduated from Cobre High School in 1987 and earned a degree in cell and molecular biology at Western New Mexico University (WNMU). He later attended University of New Mexico (UNM) for a bachelor's degree in science, and he served as a PA at Silver Health Care for six years.

"I like being at Gila Regional and working with the patients," White says. "One of the reasons I accepted the position was for them. During the transition to UNM, the patients needed local care. Traveling to Las Cruces,

El Paso, Arizona or Albuquerque was hard on them. Some were even stopping their treatments because of the travel distance. They needed someone to step in, so I did."

Oncology services are now restored with White as the PA at the Cancer Center. Patients are seen on Fridays by oncologists from UNM, and their treatments are overseen by White throughout the week.

A full-time oncologist is in the process of being recruited and will move to Silver City to serve the GRMC Cancer Center patients Monday through Friday.

"Patients now have access to many UNM resources," adds White. "They can expect a continuance of high-quality, compassionate care in a state-of-the-art cancer center."





LUNG CANCER SCREENING

Is it right for you?

If you've smoked for many years, you don't need to be reminded of your high risk for lung cancer, a disease that until recently has been hard to detect in its early stages. But that is changing, thanks to low-dose computed tomography (CT) screening. Here's why you might consider it:

Typically, lung cancer doesn't cause symptoms until it has spread to other parts of the body. That's why it often has a poor prognosis. If lung cancer does develop, regular screening may help find it early—when treatment may be more effective.

A CT scanner uses x-rays to take detailed pictures of your lungs. The scan takes just a few minutes.

Screening guidelines

The need for screening depends partly on your smoking history and age. Different groups have somewhat

different guidelines. The U.S. Preventive Health Task Force recommends getting screened if, for instance, you:

- ▶ Are in the age range of 55 to 80.
- ▶ Currently smoke or quit less than 15 years ago.
- ▶ Were or still are a heavy smoker, such as someone who smoked a pack

a day for 30 years or two packs a day for 15 years.

You will want to discuss with your doctor the potential downsides of being screened. These include the possibility of a false alarm (finding something that looks like cancer but turns out to be benign after an imaging test or a biopsy) and exposure to radiation.

And if you still smoke? Lung cancer screening doesn't replace the need for quitting. That's still your best defense against the harmful effects of smoking.

Additional source: American Cancer Society

**Ready to quit smoking?
Visit smokefree.gov
to get started.**

Cardiac rehab

It helps you feel better as your heart heals

IT'S normal to be worried about your return to normal life when you've had a heart attack or any type of heart surgery.

How much activity is too much—or too little? What kinds of foods should you eat? Can someone teach you how to tamp down your stress after all that you've been through?

You can find the answers to these and other questions in a cardiac rehabilitation (rehab) program.

What is cardiac rehab?

Cardiac rehab helps people who have heart problems, such as heart failure or angina, recover their health.

It typically includes a progressive exercise program, nutrition lessons, education on heart-healthy living and mental health counseling. And it's all done under medical supervision.

Sometimes cardiac rehab begins before someone leaves the hospital. It may continue for several months after the person goes home, either at the hospital or in a community rehab center.

Your rehab will be tailored to fit your specific health needs. Exercise will begin slowly and progress as your abilities improve. If you smoke, you may be referred to quit-smoking classes. You'll get help if you need to lose weight.

Have questions about your heart health? Make an appointment with our cardiology



experts by calling

575-538-4112.

Sources: American Heart Association; National Institutes of Health

5 MUST-DOS @50

You survived all those over-the-hill jokes and cards, and you managed to blow out all those candles on your cake.

Turning 50, it turned out, was really no big deal.

What is a big deal at this age, however, is making sure you stay in good health.

As you get older, you're more likely to face health challenges. Here are five suggestions for beating back those challenges:

1

Whittle away unwanted weight. A tubby tummy puts stress on your heart, lungs, blood vessels and bones and increases your risk for some serious diseases, including type 2 diabetes.

If extra pounds have sneaked up on you, wrap a tape measure around your waist just above your hips. A measurement greater than 40 inches for a man or 35 inches for a woman is a sign that you should cut some calories and get more exercise.

2

Shape up your shopping cart.

A good diet promotes good health—and it starts in the grocery store. If you're not already purchasing fruits and vegetables, whole grains, fat-free or low-fat dairy products, lean meats, and fish, it's time for some meal makeovers. Foods that aren't so healthy—such as butter, ice cream, cookies and cakes—are OK periodically. Just don't eat them often.

Bone health by the numbers

Wondering why and how to take care of your bones? A few facts and figures can help answer those questions.

THE WHY

40

YEARS The age at which most people slowly begin to lose bone mass.

43

MILLION The number of Americans age 50 and older with low bone mass. This condition puts people at risk for the bone-thinning disease osteoporosis.

10

MILLION The number of Americans age 50 and older with osteoporosis, which can cause bones to become weak and fragile.

80

PERCENT The portion of people with osteoporosis who are female.

THE HOW

0

The number of cigarettes you should smoke if you want to lower your risk for osteoporosis.



3 Be seen—and screened.

Regular doctor visits can be invaluable in your efforts to stay well. Now is when screening tests become particularly important. In fact, there are some tests, mammograms, for example, that may have been best to start years ago.

However, if you haven't been vigilant about screenings, it's not too late. Work with your doctor to tailor a screening plan that's best for you.

4

Take a hike...or a walk...or a bike ride. Just do something to get your heart pumping. Staying active helps control weight, blood sugar, blood pressure and cholesterol. It can also lower stress and raise energy levels, and it can help you sleep better.

Start slowly if you haven't been active in a while, and gradually increase your activity level. The goal is to do at least two and a half hours of moderate-intensity aerobic activity, like brisk walking, each week. Supplement that with muscle-strengthening exercise two days a week.

If you have a chronic health condition, such as arthritis, diabetes or heart disease, be sure to talk with your doctor before you begin exercising.

5

Tune in to your emotions. Physical health is just one aspect of wellness. Emotional health is another. As you grow older, you may experience isolation and depression. Try to maintain ties to family and friends and to do things you enjoy. If you need help managing your mood, speak with your doctor.

**Aging is something to celebrate,
and doing it in good health
is something to plan for.**

**Call Gila Family Medicine at 575-534-0400
to schedule your annual physical.**

Sources: American Heart Association; Centers for Disease Control and Prevention; Mental Health America; National Institutes of Health

1,200
↓
MILLIGRAMS (MG)

The amount of calcium a woman 51 or older should consume daily to help keep bones strong. Men are also at risk for osteoporosis. They need 1,000 mg of calcium a day from ages 51 to 70. After age 70, they need 1,200 mg daily. Low-fat dairy products have calcium. It's also found in leafy green vegetables and almonds.

600
↓
**INTERNATIONAL
UNITS (IU)**

The amount of vitamin D needed for healthy bones in men and women ages 51 to 70. At age 71, that amount jumps to 800 IU per day. Salmon and tuna contain vitamin D. So does vitamin D-fortified low-fat milk.

30
↓
MINUTES

The minimum amount of physical activity adults should get each day to help maintain a strong skeleton. Start with weight-bearing exercises, like walking or playing tennis. Then add strengthening exercises, such as weightlifting.

Sources: American Academy of Orthopaedic Surgeons;
National Institutes of Health; National Osteoporosis Foundation



Butternut squash enchiladas with salsa

Makes 7 servings.

Ingredients

- 1 package (16 ounces) frozen, diced, peeled butternut squash or 2 cups fresh squash, seeded, peeled and diced
- 1 cup water
- 1 tablespoon olive oil
- $\frac{1}{2}$ sweet onion, finely chopped
- 1 can (15.5 ounces) no-added-salt black beans
- 1 teaspoon ground cumin
- $\frac{3}{4}$ teaspoon ground cinnamon
- Salt and ground black pepper, to taste
- Canola oil spray
- 7 large whole-wheat tortillas (about 7 inches)
- 1 cup grated cheddar cheese, divided
- 1 cup tomato salsa
- $\frac{1}{4}$ cup chopped fresh cilantro leaves, for garnish (optional)

Directions

- Place squash in medium saucepan. Add water. Cover pot tightly and place over medium-high heat.
- Cook until squash is tender but not mushy, 12 to 15 minutes, depending on size of cubes.
- Drain squash and set aside.
- While squash is cooking, in large skillet, heat oil over medium-high heat.

- Add onion and sauté until soft and translucent, about 4 to 5 minutes, stirring occasionally.
- Add beans and partially mash with fork.
- Mix in squash, cumin and cinnamon. Add salt and pepper, if desired.
- Remove from heat and set aside.
- Preheat oven to 350 degrees.
- In 9- by-13-inch baking dish, lightly coat interior with cooking spray and set aside.
- Coat tortilla on both sides with cooking spray. Lay on plate.
- Spoon $\frac{1}{2}$ cup filling on tortilla and top with $1\frac{1}{2}$ tablespoons cheese.
- Roll up filled tortilla and set at one end of baking dish. Repeat, placing filled tortillas side by side, filling baking dish tightly.
- Pour salsa over assembled enchiladas.
- Sprinkle remaining cheese (about $\frac{1}{4}$ cup) over sauce. Cover pan with foil.
- Bake enchiladas about 25 to 30 minutes, until heated through.
- Uncover and serve garnished with cilantro, accompanied by cooked brown rice, if desired.

Nutrition information

Serving size: 1 enchilada. Amount per serving: 260 calories, 6g total fat (1g saturated fat), 38g carbohydrates, 12g protein, 6g dietary fiber, 460mg sodium.

Source: American Institute for Cancer Research

Give your comfort foods a healthy boost

When it comes to fat, salt and sugar content, comfort foods can really take you out of your comfort zone. To make your favorite foods healthier, try these tips:

- For cheesy dishes, choose strong-tasting varieties—like Parmesan or sharp cheddar—so you can use less.
- Try low-sodium and reduced-fat soups in creamy casseroles.
- Make dips with nonfat Greek yogurt instead of mayo.
- Swap regular french fries for sweet potato fries.
- Instead of a chocolate bar, have chocolate-dipped strawberries.
- Slip spinach into your favorite casseroles, mac and cheese, meatloaf, and pizza—and take added comfort in knowing you made them healthier!

Sources: American Diabetes Association; Produce for Better Health Foundation

[Diabetes]



Be ready for snack attacks

If you're living with diabetes, you want to choose snacks wisely. Here are five go-to healthy snacks with less than 5 grams of carbohydrates each.

18 almonds	
3 celery sticks and 1 tablespoon of peanut butter	
$\frac{1}{4}$ cup fresh blueberries	
1 cup light popcorn	
1 hard-boiled egg	

Source: American Diabetes Association

What is a **FAMILY DOCTOR**

IF you're looking for a doctor who can take care of your entire family—from your children to your aging parents—then you just might want a type of doctor whose specialty name says it all: family doctor.

Comprehensive care

Family doctors are educated in all areas of medicine, which gives them the skills to care for people of all ages.

After medical school, family doctors complete three years of residency. During that time they receive training in hospitals, doctor's offices and other settings. Family doctors update their training even after they begin practicing. This keeps them current with medical breakthroughs.

Family doctors are expert in:

- ▶ Treating all organ systems and diseases.
- ▶ Providing preventive medicine to help you maintain your health.
- ▶ Managing chronic conditions, such as diabetes.
- ▶ Providing well-woman care, reproductive counseling and family planning. Some family doctors also offer prenatal care and deliver babies.
- ▶ Caring for you as a whole person, including your mental, physical and emotional health.

With these skills, family doctors



Here to take care of you and your family

Learn more about Gila Family Medicine by visiting grmc.org. John Stanley, MD, and Cindy Moreno, CNP, are here to take care of you and your family.

often serve as primary care physicians. If you have a health condition that requires a specialist, your family doctor will guide you through that process and coordinate your care.

Finding the right doctor

It's important to choose a family doctor that you're comfortable

with. Ask your friends and family to recommend someone. Then make an appointment to meet and talk with the doctor.

At the visit, be aware of whether the doctor answers all your questions in a manner you can understand and whether you feel rushed during the appointment.

Off to a great start

We're a designated **BABY-FRIENDLY HOSPITAL**. That means we meet the highest standards for maternity care and infant feeding.

Breastfeeding support

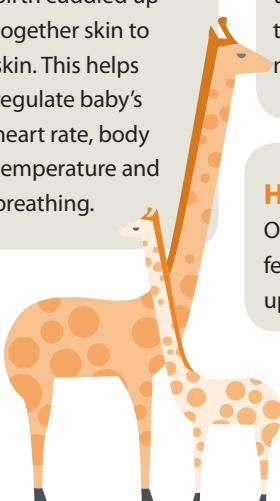
Skin-to-skin time

If possible, you'll spend your baby's first hour after birth cuddled up together skin to skin. This helps regulate baby's heart rate, body temperature and breathing.

Since your baby will be close, you'll be able to breastfeed as soon as you're ready. And our trained staff will be there to help if you need it.

Rooming in

Your baby stays in your room day and night, as long as you're both healthy. That's the best way to bond from the start.



Home sweet home.

Our staff can also help if feeding problems come up after you go home.

The Baby-Friendly Hospital Initiative is a global program launched by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).

EXPECTING? Attend our next Childbirth Education Class series. To register, call **575-538-4194**.

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Taffy Arias, CEO

Calendar *of* **EVENTS**



National Blood
Donor Month
January 2018:
Give blood and
save lives!

American Heart
Month
February 2018:
Get your heart checked
at Gila Cardiology.

National Nutrition
Month
March 2018: Eat healthy, be healthy.
March 11: Daylight Savings,
spring ahead +1 hour.

**Give the greatest gift this year,
the gift of health. Donate today.**



**For more information on donating to the
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